

IDAHO CONTENT STANDARDS
GRADE 9-12
PHYSICAL EDUCATION

Standard 1: Skilled Movement

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
Goal 1.1: Demonstrate competency in motor skills and movement patterns needed in a variety of physical activities.	9-12.PE.1.1.1 Demonstrate a competent skill level in three individual activities (e.g., dance, aquatics, gymnastics, golf, archery, skiing, in-line skating, backpacking, bicycling, disc golf, weight training, bowling).	9-12.PE.1.1.2 Demonstrate a competent skill level in two dual sports (e.g., tennis, badminton, pickleball, table tennis, racquetball, handball).	9-12.PE.1.1.3 Demonstrate a competent skill level in two team-related activities (e.g., soccer, softball, basketball, floor or field hockey, volleyball).			

Standard 2: Movement Knowledge

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
Goal 2.1: Demonstrate understanding movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.	9-12.PE.2.1.1 Know and understand pertinent scientifically based information regarding movement performance.	9-12.PE.2.1.2 Apply advanced movement-specific information to physical activity.	9-12.PE.2.1.3 Integrate discipline-specific knowledge to enable the independent learning of movement skills.			

Standard 3: Physically Active Lifestyle

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
Goal 3.1: Participate daily in physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	9-12.PE.3.1.1 Participate daily in physical activity both in and out of school settings.	9-12.PE.3.1.2 Analyze the personal benefits that result from participating in physical activity, both as individuals and with others.	9-12.PE.3.1.3 Analyze factors that influence personal physical activity patterns throughout life.			

Standard 4: Personal Fitness

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
Goal 4.1: Achieve and maintain a health enhancing level of fitness.	9-12.PE.4.1.1 Demonstrate health-related fitness by improving, meeting and/or sustaining gender and age-related fitness standards as defined by approved tests.	9-12.PE.4.1.2 Develop an appropriate physical fitness program, and apply appropriate technology to achieve and maintain physical fitness.	9-12.PE.4.1.3 Demonstrate an understanding that physical fitness is a part of a lifelong wellness program.			

Standard 5: Personal and Social Responsibility

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
Goal 5.1: Exhibit responsible and social behavior that respects self and others in physical activity settings.	9-12.PE.5.1.1 Initiate independent and responsible personal behavior in physical activity settings.	9-12.PE.5.1.2 Accept the responsibility for taking a leadership role and willingly follow, as appropriate, in order to accomplish group goals.	9-12.PE.5.1.3 Develop strategies for including persons of diverse backgrounds and abilities in physical activity setting.			